



The Association
for Child and Adolescent
Mental Health



Dialectical Behaviour Therapy (DBT) Conference

Friday 20 October 2017 / 08.45 - 17.00 / Dublin

St Patrick's University Hospital, James Street, Dublin, Ireland

Dr. Marsha Linehan's Dialectical Behaviour Therapy (DBT) has established itself as a significant new voice in the field of psychotherapy. Identified in 2011 by Time Magazine as one of the 100 greatest recent scientific discoveries, DBT blends radical behaviourism and cognitive therapy with the philosophies and practices of Zen and dialectics.

A comprehensive integrative treatment, standard Dialectical Behaviour Therapy is delivered through a dynamic combination of individual psychotherapy, group skills training, telephone coaching, environmental intervention, and clinician support. To date 14 randomised controlled trials and two Cochrane reviews have established Dialectical Behaviour Therapy as an evidence-based treatment for borderline personality disorder, reducing out-of-control behaviours such as deliberate self-harm and suicidal actions.

Conference
prices start
from just
£50

**CPD
ACCREDITATION**
Irish Association
of Social Workers
(IASW)

4 CPD points
The Psychological Society
of Ireland
*PSI Learning Standards
Approved*

www.acamh.org

About Dialectical Behaviour Therapy (DBT)

DBT is increasingly viewed as a broader treatment for problems associated with emotional dysregulation, a problem implicated in between 40 and 70% of mental health disorders. Adaptations of DBT have been used to treat eating disorders, post-traumatic stress disorder, addictions, family members of troubled teens, ADHD, and general psychiatric difficulties.

DBT has been used with adolescents, adults, and older adults in settings ranging from inpatient environments, forensic settings, and student counselling services, to community mental health centres and assertive outreach programmes. Many of these adaptations emphasise teaching clients the behavioural skills which forms the spine of DBT, with its synthesis of acceptance and change focused skills broken into four distinct modules: core mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness.

What delegates gain from the Conference

- The evidence base for DBT for adolescents
- Structuring DBT treatment
- An introduction to DBT skills

Speaker biographies

Jim Lyng

Jim is an adjunct assistant professor with the Doctorate in Counselling Psychology at the School of Psychology. He is also a trainer with British Isles DBT Training with whom he has delivered Linehan Institute accredited training in Ireland, the United Kingdom, and mainland Europe.

He has published research on DBT in community settings and has a special interest in DBT for young adults and sits on the Board of Accreditation for the British and Irish Society of DBT. Jim has worked with Cluain Mhuire community mental health services, where he leads Ireland's longest running DBT team, since 2004.

Stephanie Hastings

Stephanie is a Cognitive Behaviour Therapist and trainer with the British Isles DBT training team. She has 25 years clinical experience working in Social Services, the voluntary sector and the NHS. Stephanie qualified as a Social Worker in 1992 and later trained in CBT and DBT; she is now an accredited practitioner, trainer and supervisor with the BABCP and is also an accredited DBT therapist.



Stephanie currently works in a tier 3 CAMHS team in North Wales providing both CBT and DBT, and supervising colleagues. She is also a CBT lecturer at Bangor University teaching health colleagues. Stephanie has been a research therapist on a trial of DBT for treatment resistant depression and is undertaking her PhD studies focusing on adapting DBT skills for adolescents with ASD in school settings.

Pricing

We're sorry that the prices are in Sterling and not Euro; we understand that this is inconvenient and we are working with our banking partner and online payment system to resolve it for future events. Unfortunately this issue will not be sorted quickly, but we will keep you updated as this progresses. We appreciate your patience in this matter.

- Platinum Member (currently referred to as ACAMH Member): **£100**
- Gold Member: **£110**
- Silver and Bronze Member: **£130**
- Digital / Publications Member (currently referred to as Student/ Retired Member): **£50**
- Non-member: **£150**

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We also offer packages exclusively for students, trainees, researchers, those working 20 hours or less per week, and those aged over 65+

- Publications Member: **£60 + £10 joining fee**
- Digital Member: **£35 + £5 joining fee**

For more details about Membership visit www.acamh.org/membership or email membership@acamh.org

PLEASE NOTE

Limited, paid-for parking is available.

Networking

ACAMH conferences present a fantastic opportunity to network with your peers over lunch and coffee and start networking before the event:



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TO BOOK YOUR PLACE, PLEASE COMPLETE AND RETURN THIS FORM TO:

REF: 786

ACAMH Conferences
St Saviour's House
39-41 Union Street
London SE1 1SD, UK

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events@acamh.org

Limited car parking is available
Fees include conference
materials, lunch and refreshments.
Please note that ACAMH will be audio
recording the speakers at this event.

To read more about this
and future events visit
www.acamh.org/events

Booking form

PERSON ATTENDING

Title	PROFESSOR	DR	MR	MRS	MS	MISS
Job title						
Name						
Dietary requirements						
Organisation						

PERSON MAKING THE BOOKING (IF DIFFERENT FROM PERSON ATTENDING)

Title
Job title
Name
Organisation
Contact Number

CONTACT DETAILS OF PERSON ATTENDING

Address type	WORK	HOME
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Postcode		
Email	Telephone	

PAYMENT

<input type="checkbox"/> £100 PLATINUM MEMBER	<input type="checkbox"/> £110 GOLD MEMBER	<input type="checkbox"/> £130 SILVER/BRONZE MEMBER	<input type="checkbox"/> £50 DIGITAL/PUBLICATIONS MEMBER	<input type="checkbox"/> £150 NON-MEMBER
Cheque I enclose a cheque made payable to ACAMH		Invoice payment Invoice can only be issued on receipt of an official purchase order, clearly indicating purchase order number and paying body. Invoice requests without relevant documentation will be returned.		
Card Payment VISA MASTERCARD EUROCARD MAESTRO ELECTRON AMEX				
For your own security please do not send any credit card details via email.				
Name on card		Card number		
Expiry date	Issue No (if Maestro)	CCV (last three digits on back of card)		
Billing address				
Cardholder's signature		Date		

Closing date: Thursday 18 October 2017. Early application is advised. Confirmation will be mailed out to all delegates who enclose their fee/invoice order. If you have not received confirmation at least one week before the event please contact the Conference Department. Do not turn up on the day without having received confirmation.

Cancellation policy: cancellations received a month in advance of the event will be refunded in full less a £10 administration charge; cancellations received after this date will receive no refund. Data Protection Act: by signing this application, I agree to ACAMH keeping data about me for the administration of training courses and conferences. All data held by ACAMH is not revealed to any individual or organisation other than that required by statute.